

Dear Runner,

Thank you for your entry into the #Exeter3k or Under 11 mile race on Monday.

**Key Race Info:**

1. If Monday is going to be your first time running on track, well done for signing up! Please make sure you smile and enjoy it :-). It will be fun!
2. Race start lists and seeding are available here, from 12pm on Monday: <http://www.city-runs.co.uk/3k>
3. We have had to base the race seedings on the predicted times that were given when entering, unless things have changed dramatically please accept the race we've put you in!
4. If you no longer plan to run, we would appreciate if you could let us know.
5. Please head for the Exeter Harriers pavilion at the Exeter Arena and sign in from 6pm, You will be given your race number - this must be clearly attached the front of your running top with 4 safety pins, as it needs to be clearly visible for results purposes.
6. There is plenty of free parking at the track - Exeter Arena, Summer Lane, Exeter, Devon EX4 8NT
7. We will aim to produce results on the night and also be displayed on our website.

Please note: times & results for all races will NOT be eligible for Power of 10 rankings.

8. Start times:

- 7pm - Under 11 miles, 4 laps of the track
- 7.15pm - 3k Races, 7.5 laps of the track

\*The 3k race order will be slowest through to fastest i.e E to A

\*\*Please note we will try and start each race as soon as the previous race has finished - so make sure your ready!

\*\*\*There will be lap board counting down laps to run but this can be difficult if there is lapping, so please note it is ultimately your responsibility to count your laps.

9. Medals will be awarded to the first 3 past the post in each regardless of age cat or gender - collect medals from the Exeter Harriers pavilion.

Look forward to seeing you on Monday night!

Best Regards  
City Runs Events Team